


Longwood Senior Center
 November 2014

Hours: Monday through Friday 9:00am – 2:00pm
 longwoodsc@howardcountymd.gov
 Hours: Monday through Friday - 9:00am – 2:00pm
 www.howardcountyaging.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chinese Exercise 9:00am Women’s Group 11:00am Lunch 12Noon Line Dancing 1:00pm Ping Pong & Games 2:00-4:00pm 3	Chinese Exercise 9:00am Ageless Grace Exercise 10:00am Lunch 12noon Ping Pong & Games 1:00-4:00pm 4	Chinese Exercise 9:00am Yoga 10:00am Lunch 12noon Ping Pong & Games 1:00-4:00pm 5	Chinese Exercise 9:00am Ageless Grace 10:00am Lunch 12Noon Ping Pong & Games 1:00pm-3:00pm 6	Chinese Exercise 9:00am Blood Pressure Screening 10:00am Art with Joyce 11:00am 7
Senior Center Closed for Veterans Day  10	Chinese Exercise 9:00am Ageless Grace Exercise 10:00am Bingo 11:00am Lunch 12noon Ping Pong & Games 1:00-4:00pm 11	Chinese Exercise 9:00am Yoga 10:00am Lunch 12noon Ping Pong & Games 1:00-4:00pm 12	Join us at the Thanksgiving Luncheon at Ten Oaks Ballroom RSVP by Nov. 3rd  13	Chinese Exercise 9:00am Blood Pressure Screening 10:00am Soup & Salad Lunch 12Noon Games All Day!!! - until 2:00pm 14
Chinese Exercise 9:00am Women’s Group 11:00am Lunch 12Noon Line Dancing 1:00pm Ping Pong & Games 2:00-4:00pm 17	Chinese Exercise 9:00am Ageless Grace Exercise 10:00am Lunch 12noon Ping Pong & Games 1:00-4:00pm 18	Chinese Exercise 9:00am Yoga 10:00am Asian Lunch 12noon Korean Church 2:00pm 19	Senior Center Closed for Staff Meeting 20	Chinese Exercise 9:00am Blood Pressure Screening 10:00am Art with Joyce 11:00am Thanksgiving Lunch 12Noon 21
Chinese Exercise 9:00am Women’s Group 11:00am Lunch 12Noon Line Dancing 1:00pm Ping Pong & Games 2:00-4:00pm 24	Chinese Exercise 9:00am Ageless Grace Exercise 10:00am Healthy Tasting 11:00am Lunch 12Noon Ping Pong & Games 1:00-4:00pm 25	Chinese Exercise 9:00am Yoga 10:00am Lunch 12Noon Ping Pong & Games 1:00-4:00pm 26	Senior Center Closed for Thanksgiving Day  27	Senior Center Closed for Thanksgiving Holiday  28